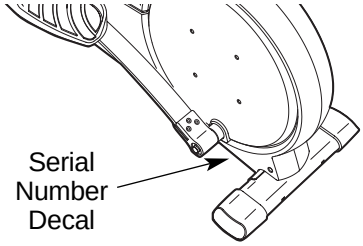
PRO-FORM®

700 CardioCrossTrainer

Model No. 831.285282
Serial No. _____



EXERCISE EQUIPMENT

QUESTIONS

HELPLINE!

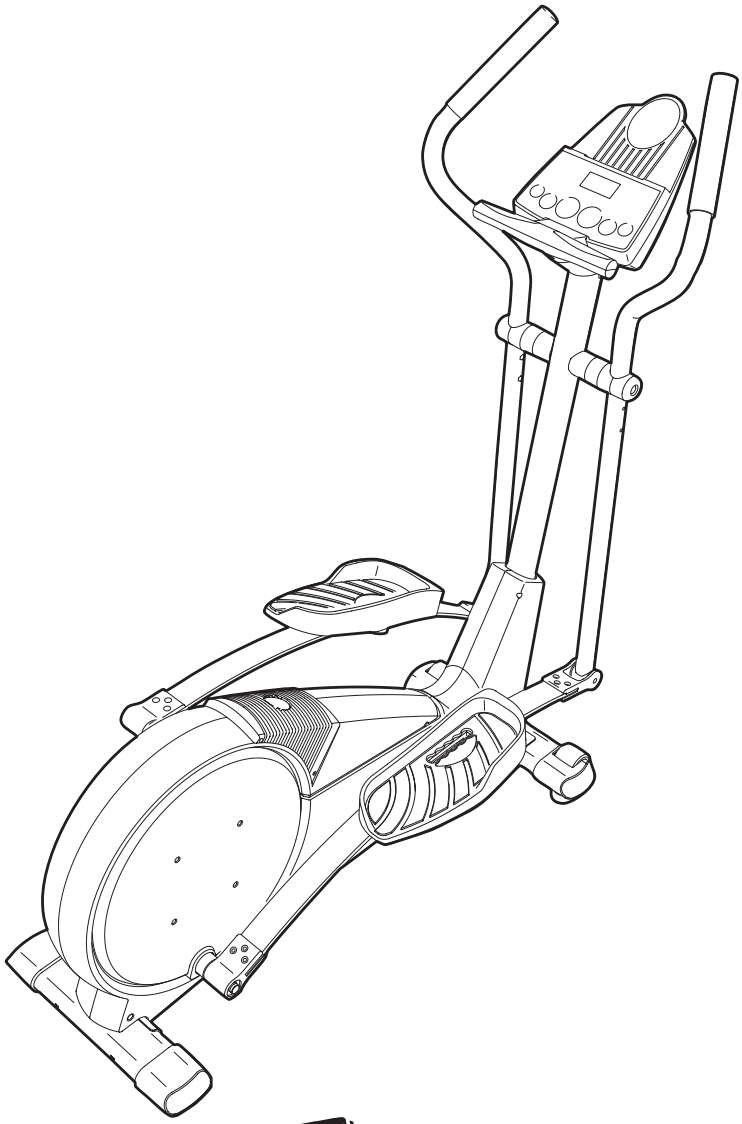
1-800-736-6879

SEARS, ROEBUCK AND CO.,
HOFFMAN ESTATES, IL 60179

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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new products, prizes, fitness tips, and much more!

PRO-FORM®

700 CardioCrossTrainer

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical crosstrainer.

1. **Read all instructions in this manual before using the elliptical crosstrainer.**
2. **It is the responsibility of the owner to ensure that all users of the elliptical crosstrainer are adequately informed of all precautions.**
3. **Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.**
4. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
5. **Keep children under 12 and pets away from the elliptical crosstrainer at all times.**
6. **The elliptical crosstrainer should not be used by persons weighing more than 250 pounds.**
7. **Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.**
8. **Always hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical crosstrainer.**
9. **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
10. **Keep your back straight when using the elliptical crosstrainer; do not arch your back.**
11. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**
12. **When you stop exercising, allow the pedals to slowly come to a stop.**
13. **The elliptical crosstrainer is intended for home use only. Do not use the elliptical crosstrainer in a commercial, rental, or institutional setting.**

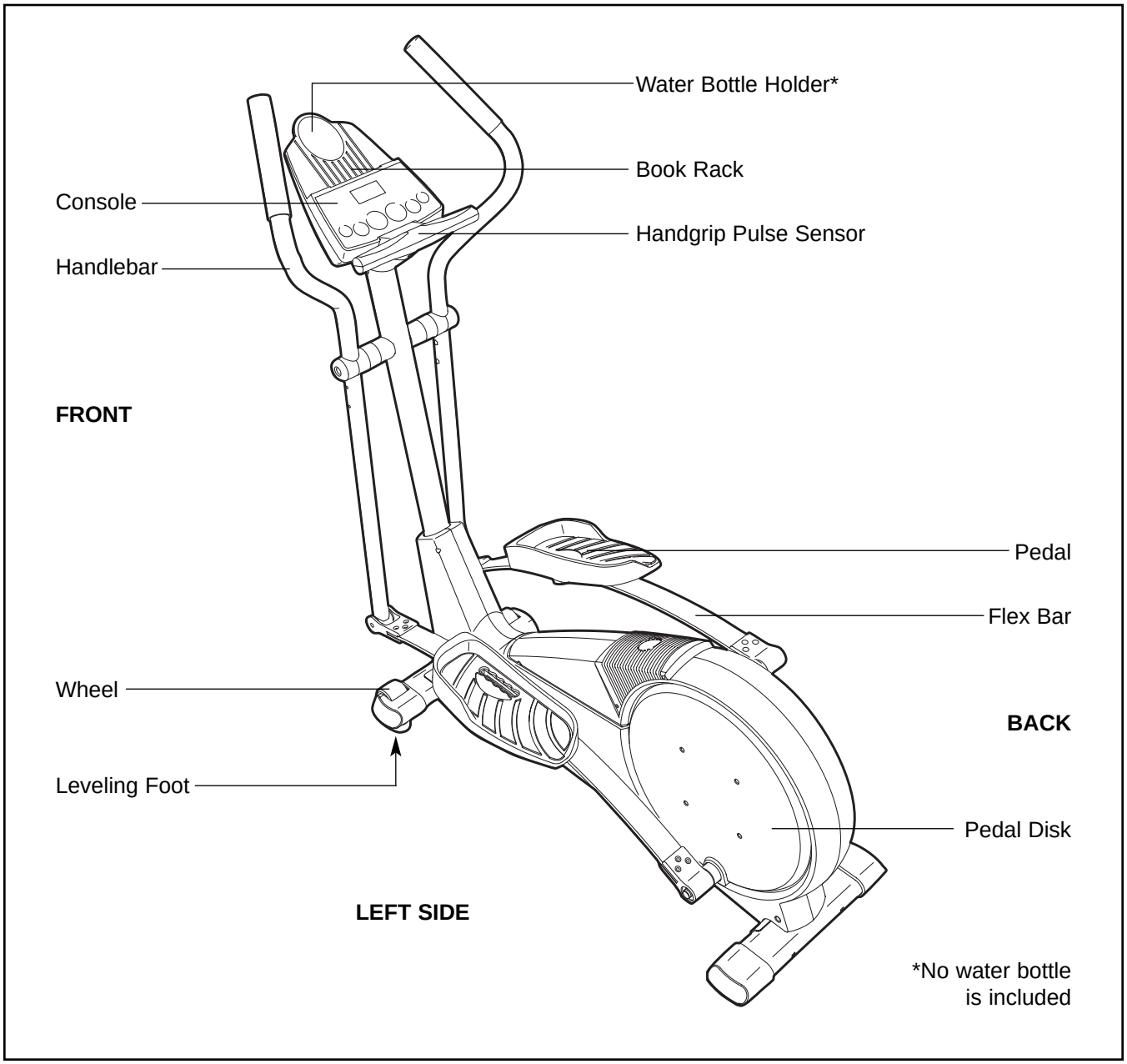
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

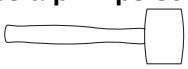
Congratulations for selecting the new PROFORM® 700 CARDIO CROSSTRAINER. The PROFORM® 700 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique PROFORM® 700 features adjustable resistance and a state-of-the-art console to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from PROFORM.

For your benefit, read this manual carefully before you use the elliptical crosstrainer. If you have additional questions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.285282. The serial number can be found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location of the decal).

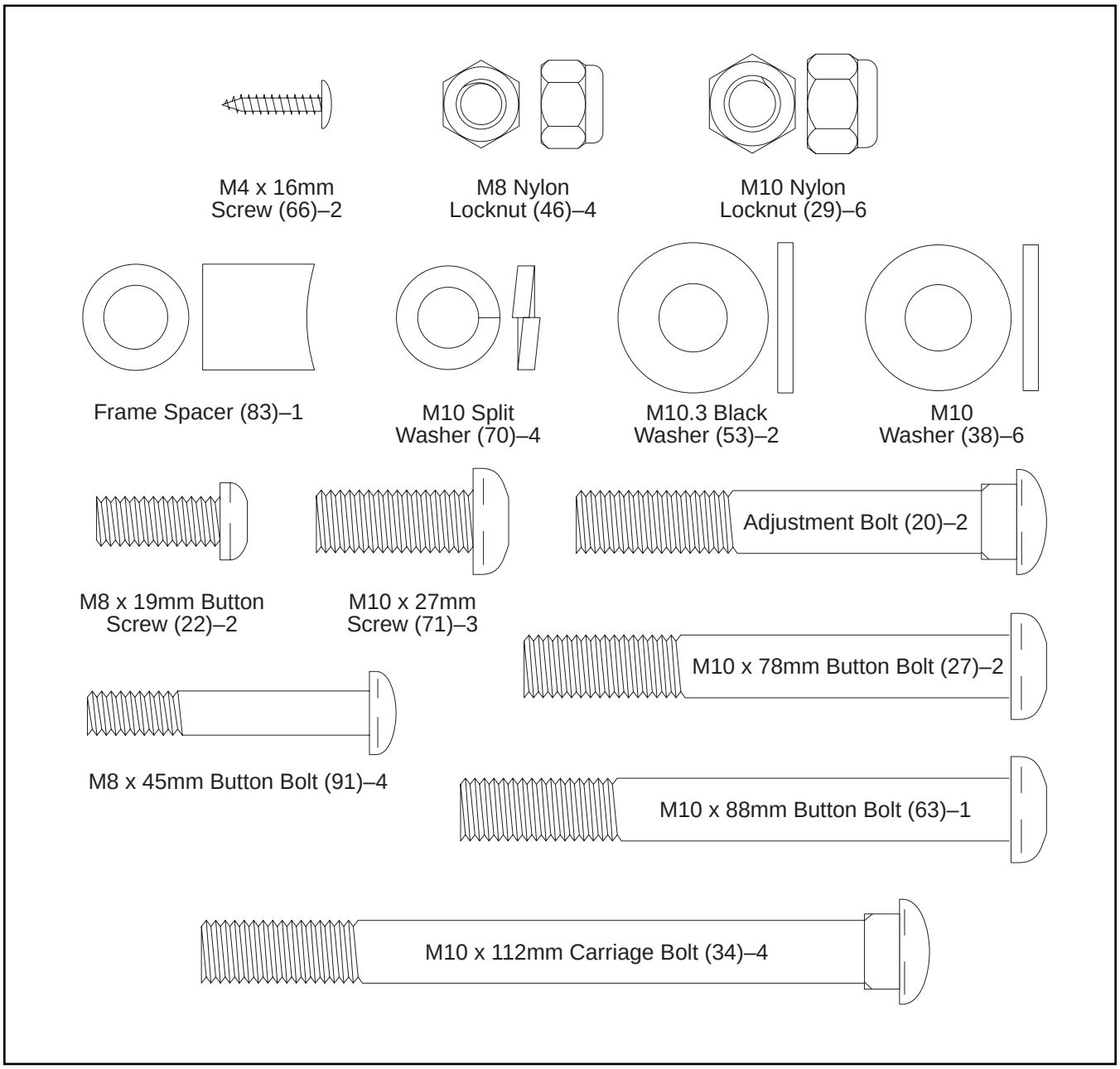
Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included allen wrenches, assembly requires a phillips screwdriver** **, an adjustable wrench** **, and a rubber mallet**  **.**

As you assemble the elliptical crosstrainer, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 22. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-assembled for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**


M4 x 16mm Screw (66)–2
M8 Nylon Locknut (46)–4
M10 Nylon Locknut (29)–6
Frame Spacer (83)–1
M10 Split Washer (70)–4
M10.3 Black Washer (53)–2
M10 Washer (38)–6
M8 x 19mm Button Screw (22)–2
M10 x 27mm Screw (71)–3
Adjustment Bolt (20)–2
M10 x 78mm Button Bolt (27)–2
M8 x 45mm Button Bolt (91)–4
M10 x 88mm Button Bolt (63)–1
M10 x 112mm Carriage Bolt (34)–4

1. Identify the Front Stabilizer (3), which has Wheels (32) attached to it. While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 112mm Carriage Bolts (34) and two M10 Nylon Locknuts (29). **Make sure that the Front Stabilizer is turned so the Wheels are not touching the floor.**

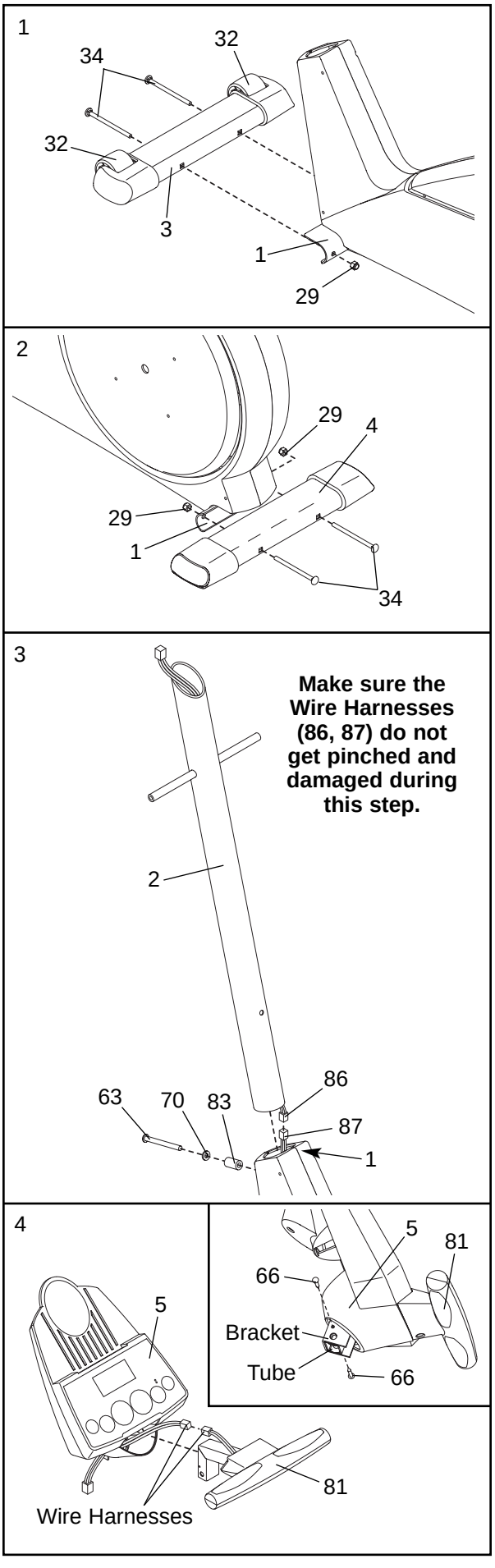
2. While another person lifts the back of the Frame (1), attach the Rear Stabilizer (4) to the Frame with two M10 x 112mm Carriage Bolts (34) and two M10 Nylon Locknuts (29).

3. While another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (86) to the Lower Wire Harness (87). **Carefully pull the upper end of the Upper Wire Harness to remove any slack. While holding the upper end of the Upper Wire Harness,** insert the Upright into the Frame (1). **Do not pinch the Wire Harnesses.**

   Slide an M10 Split Washer (70) and a Frame Spacer (83) onto the M10 x 88mm Button Bolt (63), and insert the Button Bolt into the Frame and the Upright. **Make sure that the concave end of the Frame Spacer is turned toward the Frame. Do not tighten the Button Bolt at this time.**

4. Connect the wire harness on the Handgrip Pulse Sensor (81) to the indicated wire harness on the Console (5). Insert both wire harnesses into the opening in the bottom of the Console.

   Refer to the inset drawing. Insert the metal tube on the Handgrip Pulse Sensor (81) into the metal bracket inside the Console (5) as shown. **Be careful not to pinch the wire harnesses.** Align the holes in the metal tube with the holes in the metal bracket, and tighten two M4 x 16mm Screws (66) into the indicated holes.



5. The Console (5) requires four “D” batteries (not included); alkaline batteries are recommended. Refer to the inset drawing. Press the tab on the battery cover, and lift off the battery cover. Insert four batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Reattach the battery cover.

   While another person holds the Console (5) in the position shown, connect the wire harness on the Console to the Upright (2). Insert the excess wire harness into the Upright (2). Next, attach the Console to the Upright with three M10 x 27mm Screws (71) and three M10 Split Washers (70). **Be careful to avoid pinching the wire harnesses.**

6. Identify the Left Handlebar (9), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Legs (79); **make sure that the Handlebar Leg is turned so the hexagonal holes are on the indicated side**. Attach the Left Handlebar to the Handlebar Leg with two M8 x 45mm Button Bolts (91) and two M8 Nylon Locknuts (46). **Make sure that the Nylon Locknuts are inside of the hexagonal holes. Do not fully tighten the Button Bolts yet.**

   Apply a small amount of the included grease to the left and right axles on the Upright (2).

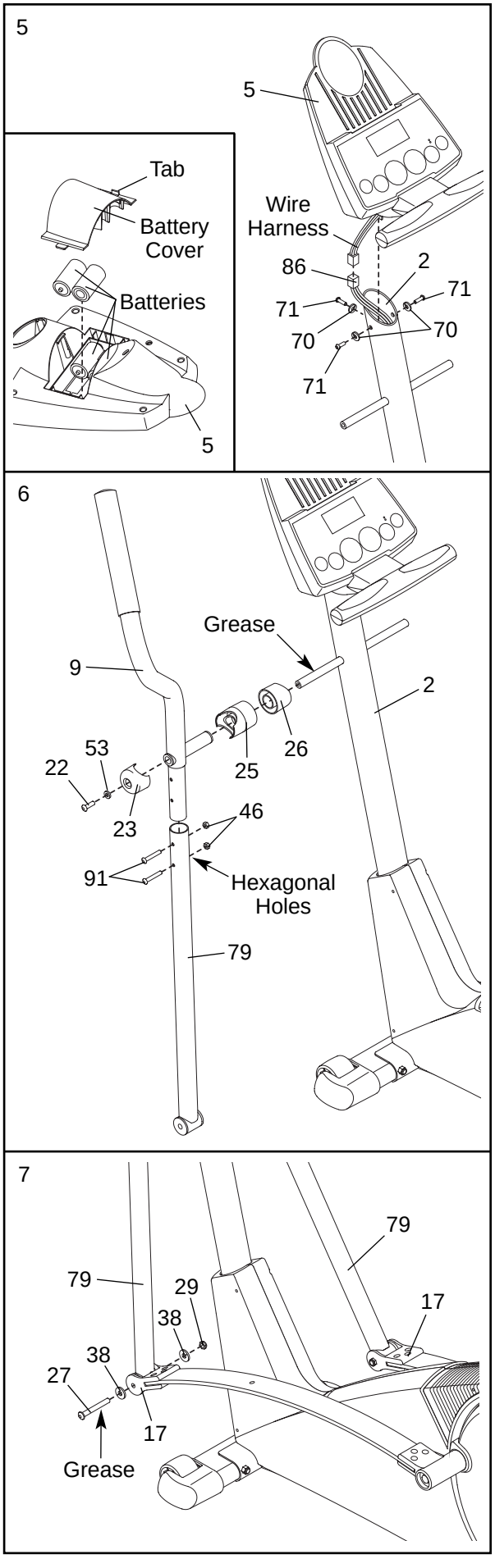
   Carefully slide an Upright Spacer (26), a Handlebar Spacer (25), the Left Handlebar (9), and a Handlebar Cap (23) onto the left axle on the Upright (2) as shown. Slide an M10.3 Black Washer (53) onto an M8 x 19mm Button Screw (22), and tighten the Button Screw into the axle.

   Attach the Right Handlebar and the other Handlebar Leg (not shown) in the same way.

7. Hold the lower end of the left Handlebar Leg (79) inside of the left Front Flex Bracket (17). Apply a small amount of grease to an M10 x 78mm Button Bolt (27). Attach the left Handlebar Leg to the left Front Flex Bracket with the Button Bolt, two M10 Washers (38), and an M10 Nylon Locknut (29). **Do not overtighten the Nylon Locknut; the left Handlebar Leg must be able to pivot freely.**

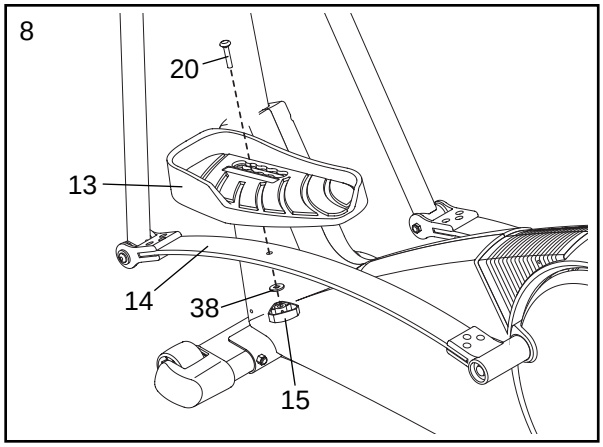
   Attach the right Handlebar Leg (79) to the right Front Flex Bracket (17) in the same way.

   Refer to step 6. Tighten the M8 x 45mm Button Bolts (91) in the Handlebar Legs (79). Refer to step 3. Tighten the M10 x 88mm Button Bolt (63).



8. Identify the Left Pedal (13). Attach the Left Pedal to the left Flex Bar (14) with an Adjustment Bolt (20), an M10 Washer (38), and an Adjustment Knob (15) as shown. Note: The Left Pedal can be attached in any of five positions (see HOW TO ADJUST THE PEDALS on page 9).

   Attach the Right Pedal (not shown) in the same way. Make sure that both Pedals are in the same position.

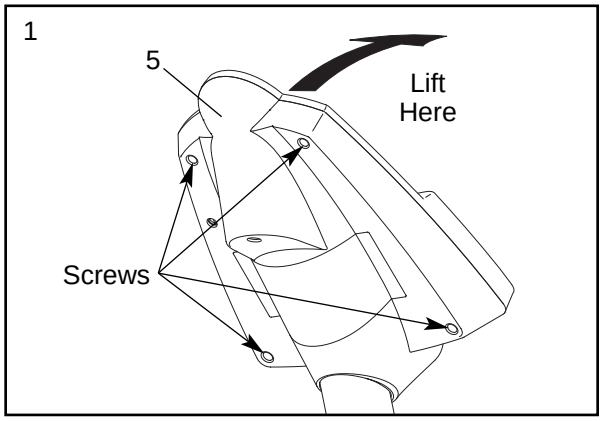


9. **Make sure that all parts of the elliptical crosstrainer are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

INSTALLING THE RECEIVER FOR THE OPTIONAL CHEST PULSE SENSOR

If you purchase the optional chest pulse sensor (refer to page 20), follow the steps below to install the receiver and the short jumper wire included with the chest pulse sensor.

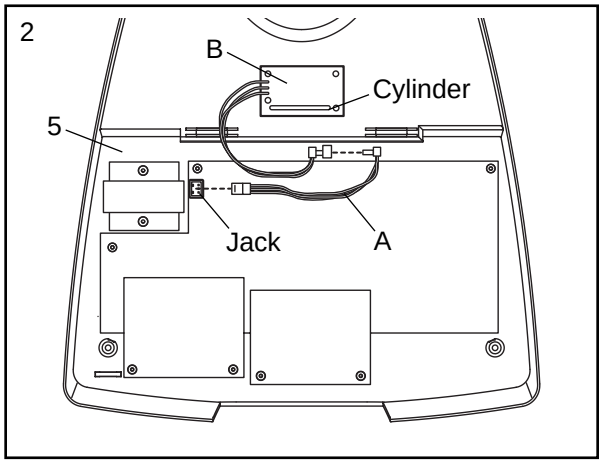
1. Remove the four indicated screws from the back of the Console (5). Lift off the front of the Console.



2. Plug the short jumper wire (A) into the indicated jack on the Console (5). Connect the other end of the short jumper wire to the wire on the receiver (B). Note: The included long jumper wire is not needed.

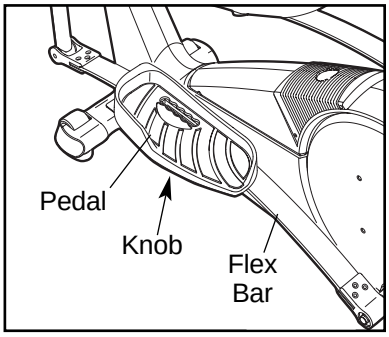
   Next, peel the paper off the adhesive pad on the back of the receiver (B). Orient the receiver as shown, and press it onto the Console (5) in the indicated location.

   Refer to step 1 above. Reattach the front of the Console (5) with the four screws. **Make sure that no wires are pinched.**



HOW TO USE THE ELLIPTICAL CROSSTRAINER

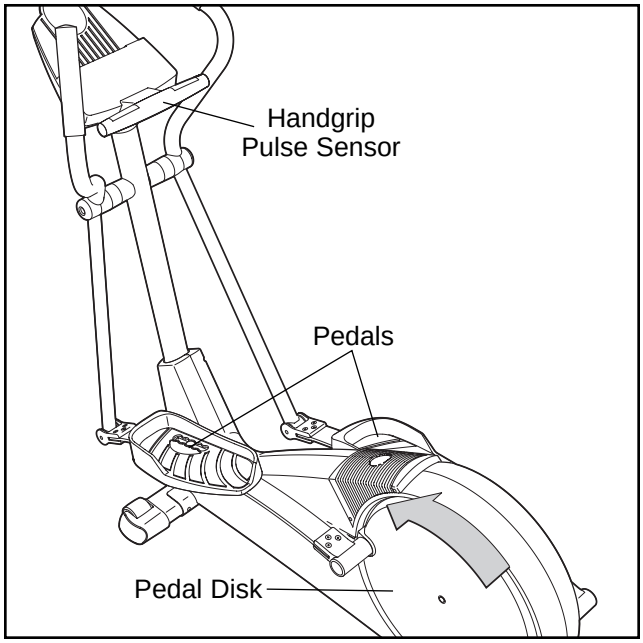
HOW TO ADJUST THE PEDALS



The motion of the pedals is determined by their position on the flex bars. Their are five different pedal positions. To adjust the pedals, first loosen the knob beneath each pedal. Slide the pedals forward or backward to the desired position, and then retighten the knobs. Make sure that both pedals are in the same position.

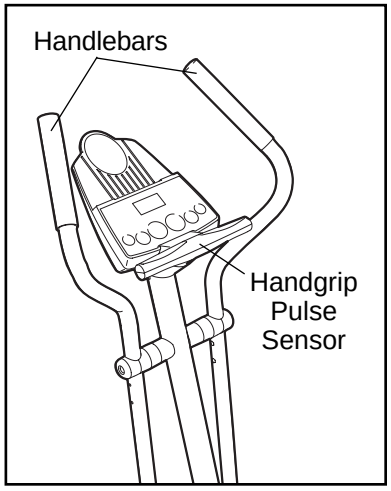
HOW TO EXERCISE ON THE ELLIPTICAL CROSSTRAINER

To mount the elliptical crosstrainer, hold the handgrip pulse sensor and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown by the arrow below; however, for variety, you may turn the pedal disks in the opposite direction.**



To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **Note: The elliptical crosstrainer does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

HOW TO USE THE HANDLEBARS

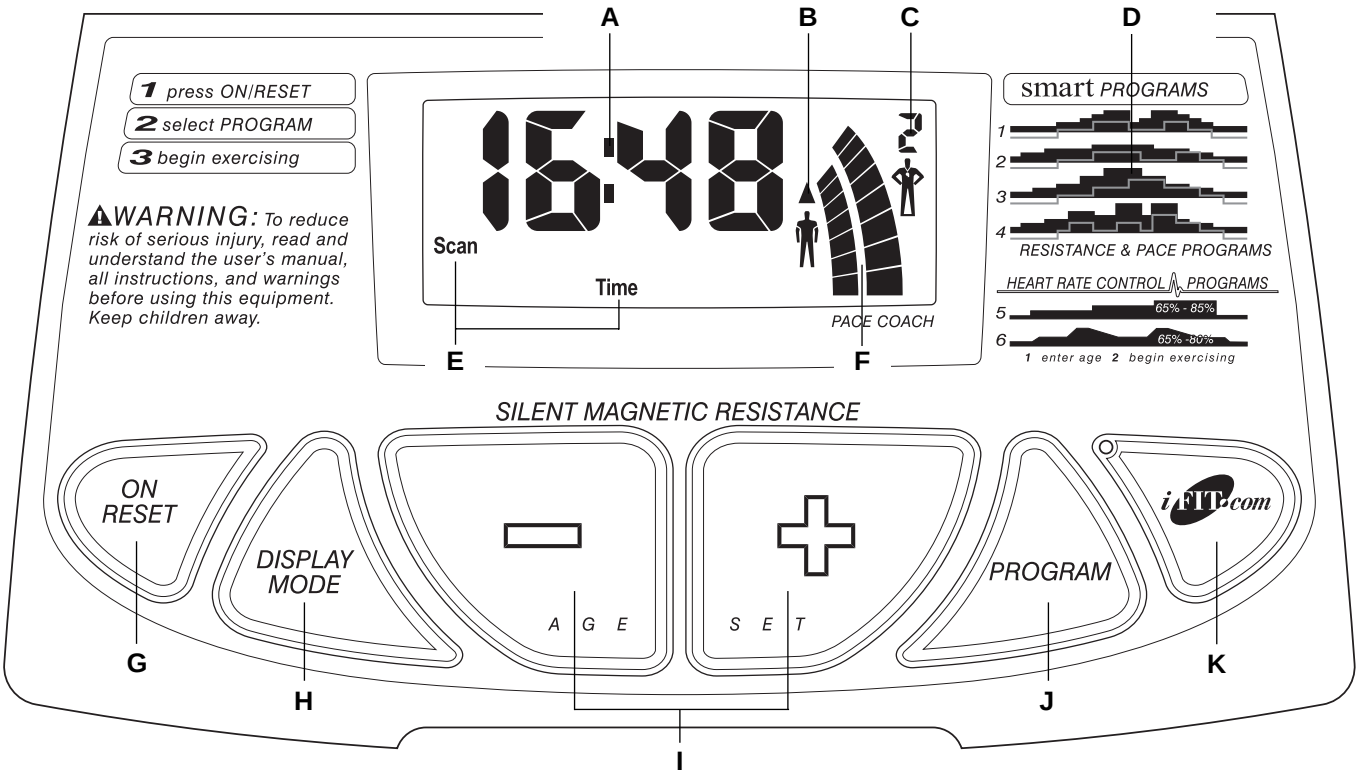


The handlebars are designed to add upper-body exercise to your workouts. Push and pull the handlebars as you exercise to work your arms, shoulders, and back.

To exercise only your lower body, hold the handgrip pulse sensor as you exercise.

⚠ CAUTION: Before using the elliptical crosstrainer, read the following precautions.

- **Always hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical crosstrainer.**
- **When you stop exercising, allow the pedals to slowly come to a stop.**
- **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**



FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the elliptical crosstrainer can be adjusted with a touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor. (For information about an optional chest pulse sensor, refer to page 20.)

The console also offers four Smart workout programs. Each program automatically changes the resistance of the elliptical crosstrainer and prompts you to increase or decrease your pace as it guides you through an effective workout.

In addition, the console features two Heart Rate workout programs that automatically change the resistance of the elliptical crosstrainer and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise.

The console also features new iFIT.com interactive technology. IFIT.com technology is like having a personal trainer right in your home. Using a stereo audio cable (available at electronics stores), you can connect the elliptical crosstrainer to your home stereo, portable stereo, or computer and play special iFIT.com CD programs (CD's are available separately). IFIT.com CD programs automatically control the resistance of the elliptical crosstrainer and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the elliptical crosstrainer to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an instructor.

With the elliptical crosstrainer connected to your computer, you can also go to our new Web site at www.iFIT.com and access audio programs and video programs directly from the internet.

For information about the availability of iFIT.com CD's or videocassettes, send an e-mail to ellipticalworkouts@iFIT.com, and we'll notify you as soon as iFIT.com CD's and videocassettes are available. Or, call toll-free 1-800-884-0620.

CONSOLE DESCRIPTION

Refer to the drawing on page 10. Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

A. Exercise feedback display—This display features seven modes that give you instant exercise feedback: your current speed, the elapsed time (or the time remaining in a Smart program or a Heart Rate program), the distance that you have pedaled, the resistance level, the approximate number of calories you have burned, your power output in watts, and your heart rate (when you use the handgrip pulse sensor or the optional chest pulse sensor [refer to page 20 for information about the chest pulse sensor]). If the scan mode is selected, the display will change from one mode to the next every six seconds. Or, you can select a single mode for continuous display.

Note: The console can show speed and distance in either miles or kilometers. To change the unit of measurement, hold down the On/Reset button for six seconds. The mode indicators (see E. below) will show which unit of measurement is selected. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

B. Increase and decrease arrows—During Smart programs, Heart Rate programs, and iFIT.com programs, these arrows will prompt you to increase or decrease your pace to match the target pace.

C. Manual mode/program indicator—When a Smart program is selected, the upper right corner of the display will show a 1, 2, 3, or 4, depending on which Smart program is selected. When a Heart Rate program is selected, the upper right corner of the display will show a 5 or 6. When the iFIT.com mode is selected, the upper right corner will show the letters IF. When the manual mode is selected, the upper right corner will be blank.

D. Program profiles—These profiles show how the resistance of the elliptical crosstrainer and the target pace will change during Smart programs and Heart Rate programs. For example, profile number 3 shows that during Smart program 3, both the resistance and the pace will gradually increase during the first half of the program, and then gradually decrease during the last half.

E. Feedback mode indicators—These indicators show which feedback mode (scan, speed, time, distance, resistance level, calories, watts, or heart rate) is currently shown. Note: When the distance is shown, the word Miles or the letters Kms will appear; when your speed is shown, the letters MPH or Km/H will appear.

F. Pace bar graphs—When the manual mode is selected, only the left bar graph will appear. This bar graph represents your exercise pace. As you increase or decrease your pace, additional bars will appear or disappear on the bar graph. When a Smart program, a Heart Rate program, or the iFIT.com mode is selected, both bar graphs will appear. The left bar graph represents your exercise pace, and the right bar graph represents a target pace. During the program, the target pace will periodically change. As the right bar graph changes, simply adjust your pace so that the same number of bars appear on both bar graphs. **Important: The target pace is a *goal* pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

G. On/Reset button—When the console is off, pressing this button will turn on the display. When the console is on, pressing this button will reset the display. This button is also used to select the unit of measurement for speed and distance (see A. at the left).

H. Display Mode button—This button is used to select the feedback modes. The modes will be selected in the following order: scan, speed, time, distance, resistance level, calories, watts, and heart rate (when the handgrip pulse sensor or the optional chest pulse sensor is used).

I. + and – buttons—These buttons control the resistance of the elliptical crosstrainer. There are ten resistance levels; level 10 is the most challenging. These buttons are also used to enter your age when a Heart Rate program is selected.

J. Program button—This button is used to select the manual mode, Smart programs, and Heart Rate programs.

K. IFIT.com button—This button is used to select the iFIT.com mode. The indicator on the button will light when the iFIT.com mode is selected.

To use the manual mode of the console, refer to page 12. **To use a Smart program,** refer to page 13. **To use a Heart Rate program,** refer to page 14. **To use iFIT.com CD's or videos,** refer to page 18. **To use a program directly from our Web site,** refer to page 19.

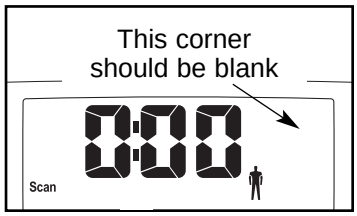
HOW TO USE THE MANUAL MODE

1 Turn on the console.

Note: The console requires four “D” batteries (not included). If you have not installed batteries, refer to step 5 on page 7 and install batteries.

To turn on the console, press the On/Reset button or begin pedaling.

2 Select the manual mode.

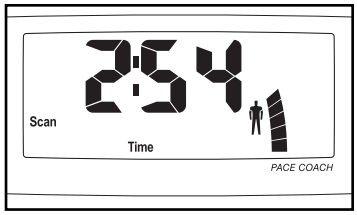


Each time the console is turned on, the manual mode will be selected. If a Smart program, a Heart Rate program, or the iFIT.com mode has been selected, select the manual mode by pressing the Program button repeatedly until the upper right corner of the display is blank.

3 Begin exercising and adjust the resistance of the elliptical crosstrainer.

As you exercise, adjust the resistance of the elliptical crosstrainer as desired by pressing the + and – buttons. There are ten resistance levels; level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the selected setting to be reached.

4 Follow your progress with the feedback modes and the left bar graph.



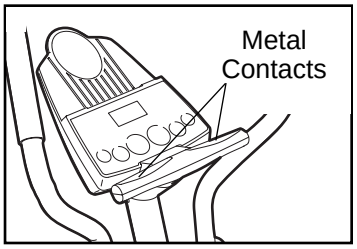
When the console is turned on, the scan mode will be selected. As you exercise, the display will show your current speed, the elapsed time, the distance that you have pedaled, the current resistance level, the approximate number of calories you have burned, and your power output in watts. In addition, your heart rate will be shown when you use the handgrip pulse sensor (refer to step 5 below) or the optional chest pulse sensor (refer to page 20). Note: Each time the resistance level changes, the console will show the resistance level for six seconds. In addition, when a Smart program or a Heart Rate program is selected, the display will show the *time remaining* in the program instead of the elapsed time.

In addition, the left bar graph will appear in the display to show your exercise pace. As you increase or decrease your pace, additional bars will appear or disappear on the bar graph.

If desired, you can select a single feedback mode for continuous display. Press the Display Mode button repeatedly until only the MPH (or Km/H), Time, Miles (or Kms), Resist., Cals., or Watts indicator appears in the display. Make sure that the Scan indicator does not appear.

5 Measure your heart rate if desired.

Note: If you wear the optional chest pulse sensor (see page 20) and hold the handgrip pulse sensor at the same time, the console may not display your heart rate accurately.



If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To use the handgrip pulse sensor, place your hands on the metal contacts. Your palms must be on the upper contacts and your fingers must be touching the lower contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats. After a moment, two dashes (– –) will appear and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: When you first hold the handgrips, the display will show your heart rate continuously for 15 seconds. The display will then show your heart rate along with the other feedback modes.

6 When you are finished exercising, the console will automatically turn off.

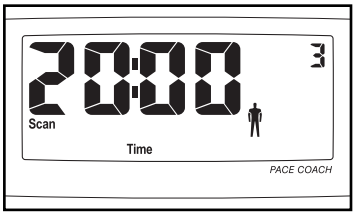
If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically turn off to conserve the batteries.**

HOW TO USE A SMART PROGRAM

1 **Turn on the console.**

Refer to step 1 on page 12.

2 **Select one of the four Smart programs.**



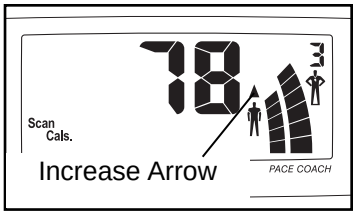
Each time the console is turned on, the manual mode will be selected. To select a Smart program, press the Program button repeatedly until the number 1, 2, 3, or 4 appears in the upper right corner of the display.

The profiles numbered 1 through 4 on the right side of the console show the resistance and pace settings for the Smart programs. For example, profile number 3 shows that when Smart program 3 is selected, both the resistance and the pace will gradually increase during the first half of the program, and then decrease during the last half.

3 **Start the program.**

To start the program, simply begin exercising. Each Smart program consists of twenty, one-minute periods. One resistance setting and one pace setting are programmed for each period. (The same resistance setting and/or pace setting may be programmed for consecutive periods.)

During the program, the resistance of the elliptical crosstrainer will automatically change as shown by the applicable profile on the console. If the current resistance level is too high or too low, you can change the resistance level by pressing the + and – buttons. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.



The pace settings for the program will be shown by the right bar graph in the display. (The left bar graph will show your actual exercise pace.) As the right bar graph changes during the program, simply increase or decrease your pace so that the same number of bars appear on both bar graphs. If your pace is slower than the current pace setting, the increase arrow will appear in the display to prompt you to increase your pace; if your pace is faster than the pace setting, the decrease arrow will appear. **Important: The pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

During the program, the display will show the time remaining in the program. When no time remains, the program will be completed. If you continue exercising after the program is completed, the display will continue to show your exercise feedback.

4 **Follow your progress with the feedback modes.**

Refer to step 4 on page 12.

5 **Measure your heart rate if desired.**

See step 5 on page 12.

6 **When you are finished exercising, the console will automatically turn off.**

Refer to step 6 on page 12.

HOW TO USE A HEART RATE PROGRAM

Each Heart Rate program helps you to keep your heart rate near a certain *percentage* of your *maximum heart rate* during your workout. (Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 25 years old, your maximum heart rate is 195.) Heart Rate program 5 is designed to keep your heart rate between 65% and 85% of your maximum heart rate while you exercise; Heart Rate program 6 is designed to keep your heart rate between 65% and 80% of your maximum heart rate.

Follow the steps below to use a Heart Rate program.

1 **Turn on the console.**

Refer to step 1 on page 12.

2 **Select one of the two Heart Rate programs.**

Each time the console is turned on, the manual mode will be selected. To select a Heart Rate program, press the Program button repeatedly until the number 5 or 6 appears in the upper right corner of the display.

The profiles numbered 5 and 6 on the right side of the console show the resistance settings for the Heart Rate programs. For example, profile number 5 shows that when Heart Rate program 5 is selected, the resistance level will gradually increase during the program and then decrease near the end.

3 **Enter your age.**

When a Heart Rate program is selected, the word AGE will appear in the display. You must enter your age to use a Heart Rate program. To enter your age, first press the + or – button. The current age setting will then be shown. Next, press the + or – button repeatedly to enter your age. Once you have entered your age, your age will be saved in memory until the batteries are replaced.

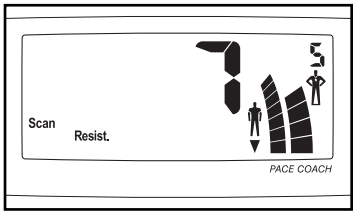
4 **Hold the handgrip pulse sensor.**

When using a Heart Rate program, you must use the handgrip pulse sensor (refer to step 5 on page 12) or the optional chest pulse sensor (refer to page 20). If you use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters PLS will appear in the display instead of your heart rate.

5 **Start the program.**

To start the program, simply begin exercising. Each Heart Rate program consists of twenty, one-minute periods. One resistance setting and one heart rate setting are programmed for each period. (The same resistance setting and/or heart rate setting may be programmed for consecutive periods.)

During the program, the resistance of the elliptical crosstrainer will automatically change as shown by the applicable profile on the console. If the current resistance level is too high or too low, you can adjust the resistance level by pressing the + and – buttons. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.



As you exercise, the bar graphs will help you to keep your heart rate near the heart rate setting for the current period. The left bar graph will show your actual exercise pace. The right bar graph will show a target pace. When you hold the handgrip pulse sensor (or wear the optional chest pulse sensor), the console will compare your heart rate to the heart rate setting for the current period. If necessary, the right bar graph will then change to prompt you to increase or decrease your pace to bring your heart rate closer to the current heart rate setting. When the

right bar graph changes, increase or decrease your pace so that the same number of bars appear on both bar graphs. If your pace is slower than the current pace setting, the increase arrow will appear in the display; if your pace is faster than the pace setting, the decrease arrow will appear. **Important: The pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

During the program, the display will show the time remaining in the program. When no time remains, the program will be completed. If you continue exercising after the program is completed, the display will continue to show your exercise feedback.

6 **Follow your progress with the feedback modes.**

Refer to step 4 on page 12.

7 **When you are finished exercising, the console will automatically turn off.**

Refer to step 6 on page 12.

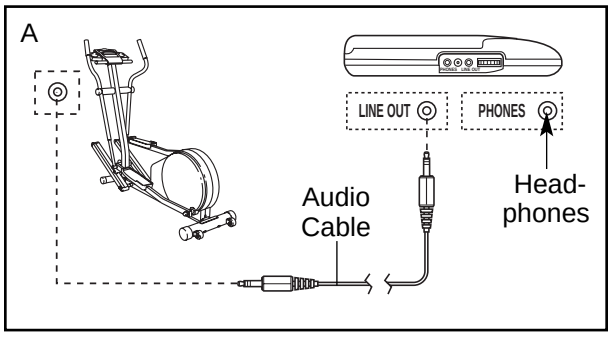
HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CD's, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 15 to 17 for connecting instructions. **To use iFIT.com videocassettes**, the elliptical crosstrainer must be connected to your VCR. See page 17 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the elliptical crosstrainer must be connected to your home computer. See page 17 for connecting instructions.

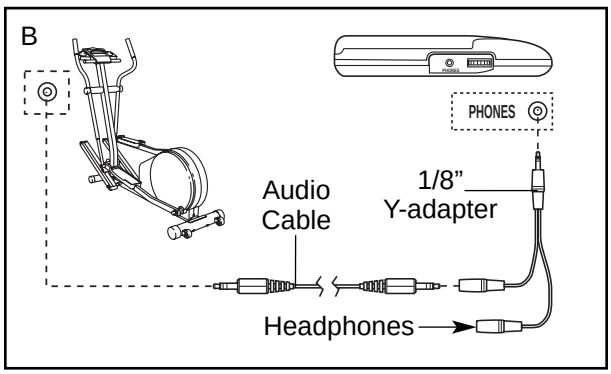
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



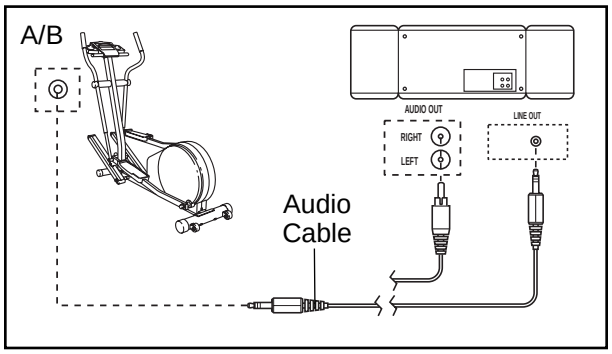
B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.



HOW TO CONNECT YOUR PORTABLE STEREO

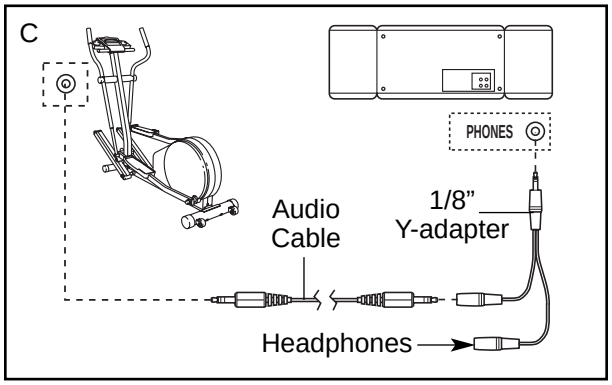
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8" LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



B. Refer to the drawing above. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.

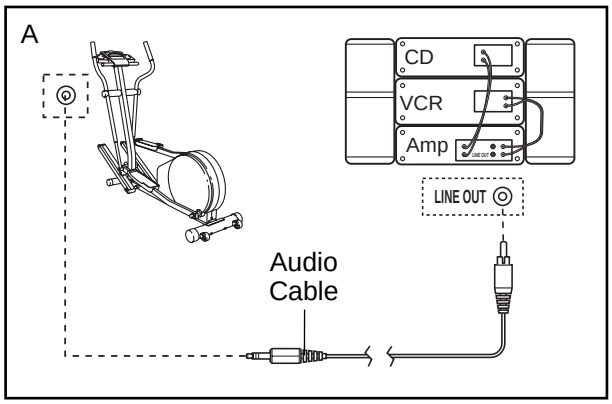
C. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.



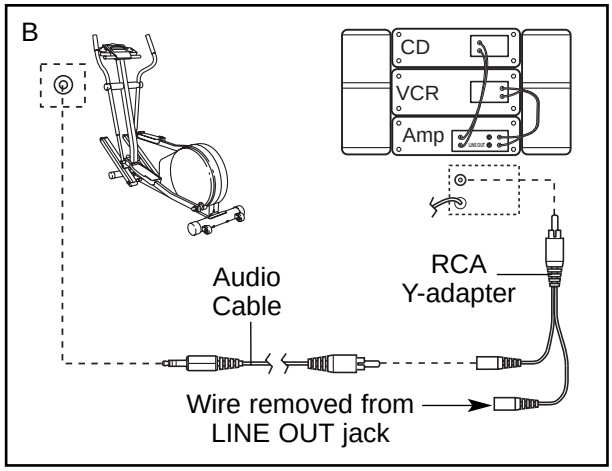
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.



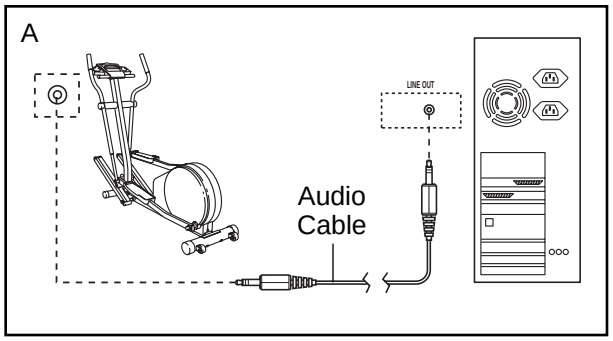
B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.



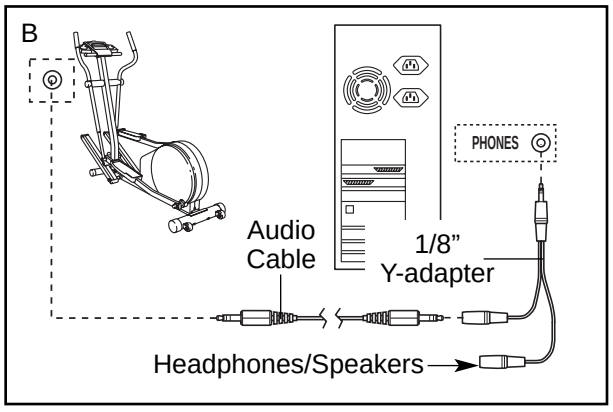
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.



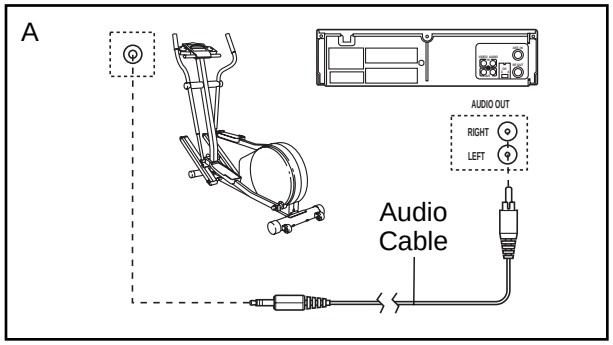
B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



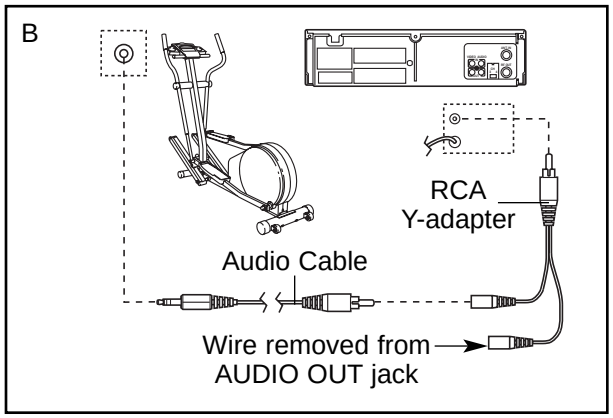
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 16.

A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

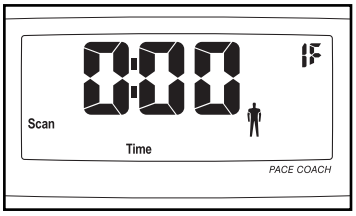
To use iFIT.com CD's or videocassettes, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 15. **Note: For information about the availability of iFIT.com CD's or videocassettes, send an e-mail to ellipticalworkouts@iFIT.com, and we'll notify you as soon as iFIT.com CD's and videocassettes are available. Or, call toll-free 1-800-884-0620.**

Follow the steps below to use an iFIT.com CD or video program.

1 Turn on the console.

Refer to step 1 on page 12.

2 Select the iFIT.com mode.



Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator on the button will light and the letters IF will appear in the upper right corner of the display.

3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the play button on your CD player or VCR.

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a Smart program (refer to step 3 on page 13). However, an electronic "chirping" sound will alert you when the resistance and/or the pace setting is about to change.

Note: If the resistance of the elliptical cross-trainer and/or the pace setting does not change when a "chirp" is heard:

- **Make sure that the indicator on the iFIT.com button is lit.**
- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected and that it is fully plugged in.**

5 Follow your progress with the feedback modes.

Refer to step 4 on page 12.

6 Measure your heart rate if desired.

Refer to step 5 on page 12.

7 When you are finished exercising, the console will automatically turn off.

Refer to step 6 on page 12.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

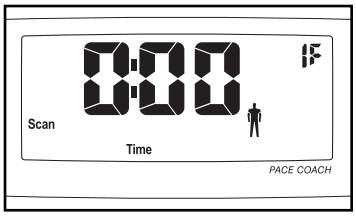
Our Web site at www.iFIT.com allows you to play iFIT.com audio and video programs directly from the internet. To use programs from our Web site, the elliptical crosstrainer must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 17. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

Follow the steps below to use a program from our Web site.

1 Turn on the console.

Refer to step 1 on page 12.

2 Select the iFIT.com mode.



Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator on the button will light and the letters IF will appear in the upper right corner of the display.

3 Go to your computer and start an internet connection.

4 Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the elliptical crosstrainer and begin exercising.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a Smart program (refer to step 3 on page 13). However, an electronic “chirping” sound will alert you when the resistance and/or the pace setting is about to change.

8 Follow your progress with the feedback modes.

Refer to step 4 on page 12.

9 Measure your heart rate if desired.

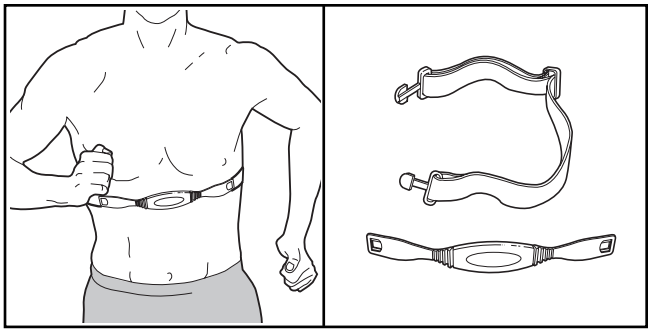
Refer to step 5 on page 12.

10 When you are finished exercising, the console will automatically turn off.

Refer to step 6 on page 12.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call toll-free 1-800-999-3756.**



MAINTENANCE AND TROUBLESHOOTING

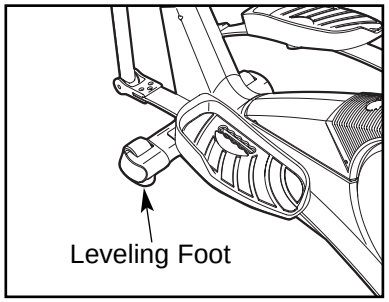
Inspect and tighten all parts of the elliptical crosstrainer regularly. Replace any worn parts immediately.

To clean the elliptical crosstrainer, use a damp cloth and a small amount of mild dish soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. Refer to assembly step 5 on page 7 for replacement instructions. The console requires four “D” batteries.

HOW TO LEVEL THE ELLIPTICAL CROSSTRAINER

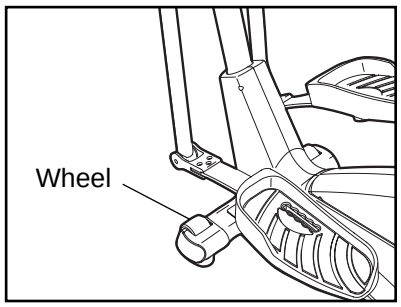


After the elliptical crosstrainer has been moved to the location where it will be used, make sure that the ends of both stabilizers are touching the floor. If the elliptical crosstrainer rocks slightly during use, turn one or both of the leveling feet under the front stabilizer until the rocking motion is eliminated.

HANDGRIP PULSE SENSOR TROUBLE-SHOOTING

- Avoid moving your hands while using the handgrip pulse sensor. Excessive movement may interfere with heart rate readings.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the handgrip pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

HOW TO MOVE THE ELLIPTICAL CROSSTRAINER



Stand in front of the elliptical crosstrainer, hold the handlebars firmly, and tip the elliptical crosstrainer until it can be moved on the front wheels. Carefully move the elliptical crosstrainer to the desired location and then lower it. **Due to the size and weight of the elliptical crosstrainer, use extreme caution while moving it.**

CONDITIONING GUIDELINES

⚠ WARNING:

Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age on the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. 831.285282

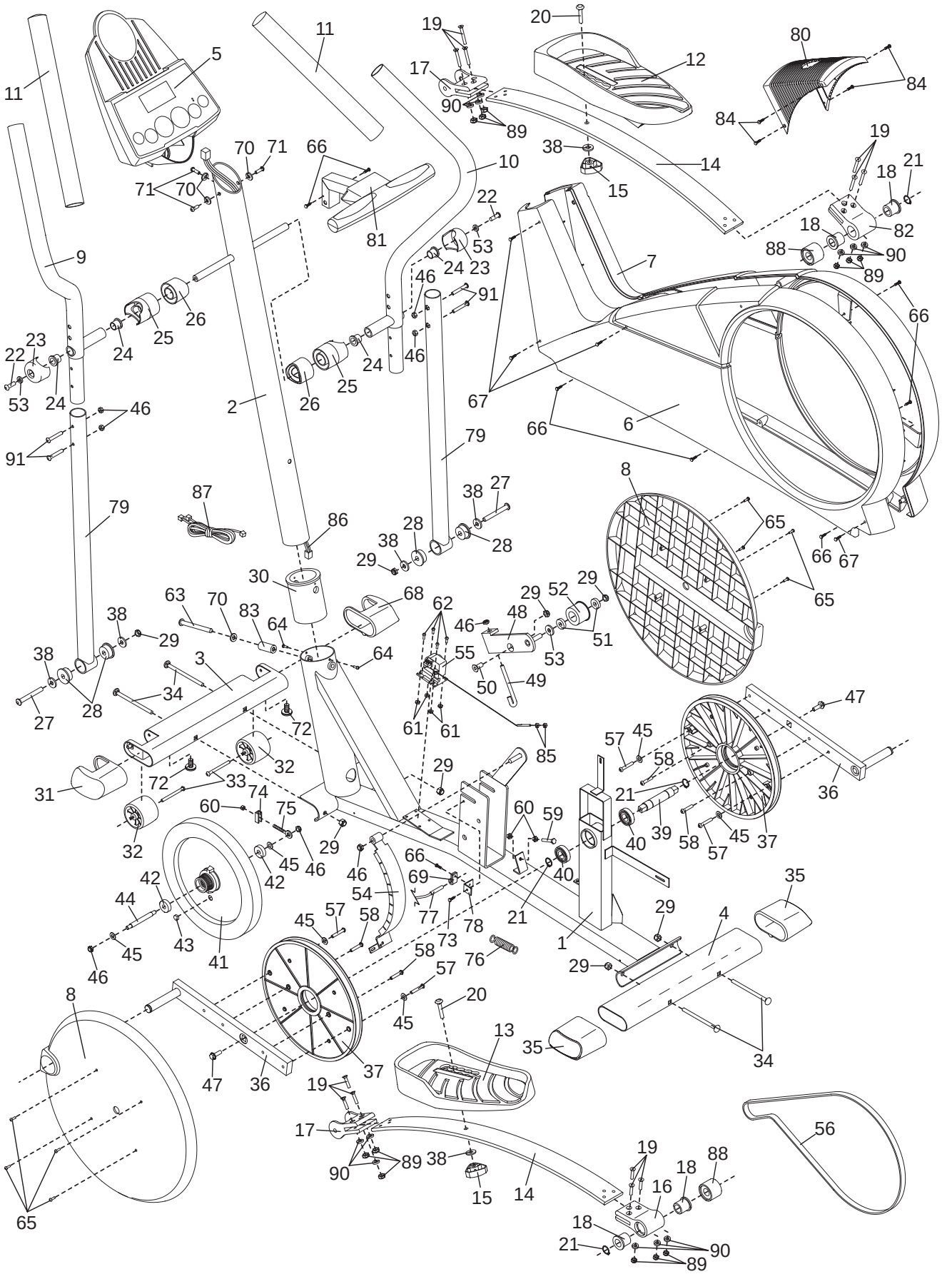
R1201A

Key No.	Qty.	Description
1	1	Frame
2	1	Upright
3	1	Front Stabilizer
4	1	Rear Stabilizer
5	1	Console
6	1	Left Side Shield
7	1	Right Side Shield
8	2	Cover Disc
9	1	Left Handlebar
10	1	Right Handlebar
11	2	Foam Grip
12	1	Right Pedal
13	1	Left Pedal
14	2	Flex Bar
15	2	Adjustment Knob
16	1	Left Flex Bracket
17	2	Front Flex Bracket
18	4	Rear Flex Bushing
19	12	M6 x 33.5mm Bolt
20	2	Adjustment Bolt
21	4	Snap Ring
22	2	M8 x 19mm Button Screw
23	2	Handlebar Cap
24	4	Handlebar Bushing
25	2	Handlebar Spacer
26	2	Upright Spacer
27	2	M10 x 78mm Button Bolt
28	4	Front Flex Bushing
29	8	M10 Nylon Locknut
30	1	Upright Bushing
31	1	Left Front Endcap
32	2	Wheel
33	2	M6 x 72mm Wheel Bolt
34	4	M10 x 112mm Carriage Bolt
35	2	Rear Stabilizer Endcap
36	2	Crank Arm
37	2	Pulley
38	6	M10 Washer
39	1	Crank
40	2	Crank Bearing
41	1	Flywheel
42	2	Flywheel Bearing
43	1	Magnet
44	1	Flywheel Axle
45	6	M8.5mm Washer
46	8	M8 Nylon Locknut
47	2	Crank Screw
48	1	Idler Arm
49	1	“J” Bolt
50	1	M10 x 25mm Flat Screw
51	2	Idler Bearing
52	1	Idler Wheel
53	3	M10.3 Black Washer
54	1	“C” Magnet
55	1	Motor
56	1	Belt
57	4	M8 x 33mm Button Screw
58	4	M8 x 22mm Button Screw
59	1	M6 x 38mm Stop Bolt
60	3	M6 Nut
61	4	M5 Nylon Locknut
62	4	M5 x 12mm Bolt
63	1	M10 x 88mm Button Bolt
64	2	M4 x 6mm Screw
65	8	M5 x 33mm Screw
66	11	M4 x 16mm Screw
67	4	M4 x 25mm Screw
68	1	Right Front Endcap
69	1	Reed Switch Clamp
70	4	M10 Split Washer
71	3	M10 x 27mm Screw
72	2	Adjustment Foot
73	1	M5 x 16mm Screw
74	1	“U” Bracket
75	1	M6 Eyebolt
76	1	Spring
77	1	Reed Switch
78	1	Reed Switch Bracket
79	2	Handlebar Leg
80	1	Side Shield Cover
81	1	Handgrip Pulse Sensor
82	1	Right Flex Bracket
83	1	Frame Spacer
84	4	M4 x 12mm Tap Screw
85	2	M5 Nut
86	1	Upper Wire Harness
87	1	Lower Wire Harness
88	2	Flex Bracket Spacer
89	12	M6 Nylon Locknut
90	12	M6 Split Washer
91	4	M8 x 45mm Button Bolt
#	1	Battery Cover
#	1	Allen Wrench
#	1	Grease
#	1	User’s Manual

Note: # indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. 831.285282

R1201A



SEARS

Model No. 831.285282

QUESTIONS?

If you find that:

- **you need help assembling or operating the PROFORM® 700**
- **a part is missing**
- **or you need to schedule repair service**

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART (1-800-366-7278)

The model number and serial number of your PROFORM® 700 700 CARDIO CROSSTRAINER are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The NAME OF THE PRODUCT (PROFORM® 700 CARDIO CROSSTRAINER)
- The MODEL NUMBER OF THE PRODUCT (831.285282)
- The KEY NUMBER OF THE PART (see page 22)
- The DESCRIPTION OF THE PART (see page 22).

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS ELLIPTICAL EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the ELLIPTICAL EXERCISER, free of charge.

This warranty does not apply when the ELLIPTICAL EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

Part No. 181241 R1201A

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